



Statistics Report 09044, Cherries, tart, dried, sweetened

Report Date: June 30, 2017 00:39 EDT

Nutrient values and weights are for edible portion

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 16.60 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Energy | kcal | 333 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Energy | kJ | 1395 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Protein | g | 1.25 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Total lipid (fat) | g | 0.73 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Ash | g | 0.97 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Carbohydrate, by difference | g | 80.45 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fiber, total dietary | g | 2.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Sugars, total | g | 67.15 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Calcium, Ca | mg | 38 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Iron, Fe | mg | 0.68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Magnesium, Mg | mg | 22 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Phosphorus, P | mg | 36 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Potassium, K | mg | 376 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Sodium, Na | mg | 13 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Zinc, Zn | mg | 0.25 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Copper, Cu | mg | 0.229 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Selenium, Se | µg | 0.4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 19.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Thiamin | mg | 0.058 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Riboflavin | mg | 0.101 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Niacin | mg | 0.867 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin B-6 | mg | 0.101 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Folate, total | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Folate, food | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Folate, DFE | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Choline, total | mg | 14.7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Vitamin A, RAE | µg | 141 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Carotene, beta | µg | 1697 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin A, IU | IU | 2829 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Lutein + zeaxanthin | µg | 173 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin E (alpha-tocopherol) | mg | 0.17 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|------------------|
| Vitamin K (phylloquinone) | µg | 5.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.146 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 14:0 | g | 0.004 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 16:0 | g | 0.103 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:0 | g | 0.035 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fatty acids, total monounsaturated | g | 0.177 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 16:1 undifferentiated | g | 0.002 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:1 undifferentiated | g | 0.175 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fatty acids, total polyunsaturated | g | 0.194 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:2 undifferentiated | g | 0.102 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:3 undifferentiated | g | 0.092 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |

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| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2013 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2013 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2013 |